CREAM FOR CATARRH OPENS UP NOSTRILS

Tells How To Get Quick Relief from Head-Colds. It's Splendid!

In one minute your clogged nosyour cold or catarrh will be gone.

Get a small bottle of Ely's Cream Balm from your druggist now. Apply | trick pony, don't you, and how he told him a boy was in trouble with a a little of this fragrant antiseptic. | used to amuse the children?" Dandy pony down the street. The blackhealing cream in your nostrils. It hadn't been out for several days and smith came out and when he saw penetrates through every air pas- was feeling full of life so that he Frank and Dandy he turned and sage of the head, soothes the inflam- | pranced along lifting his feet high laughed at the man who ed or swoolen mucous membrane and and tossing his head in high spirits. frightened and told him all about relief comes instantly.

lief comes so quickly.

DARKENED GRAY HAIR

A Kansas City Lady Darkened Her Gray Hair and Stimulated Its Growth by a Simple

She Tells How She Did It

well-known resident of Kan-City, Missouri, who ened her gray hair by a simple wome process made the following statement: "Any lady or gentleman can darken their gray or faded hair, stimulate its growth and make it soft and glossy with this simple recipe, which they can mix at home. To half a pint of water add 1 oz. of bay rum, 1 small box of Orlex Compound and 1-4 oz of glycerine. These ingredients can be purchased at any drug store at very little cost. Apply to the hair every other day until the gray hair is darkened sufficiently, then every two weeks. This mixture relieves scalp troubles and is excellent for dandruff and falling hair. It does not stain the scalp, is not sticky or greasy and does not rut off. It will make a gray haired person look 10 to 20 years younger.

THIS WILL INTEREST

Indigestion comes from an excess of hydrochloric

A well-known authority states that stomach trouble and indigestion is ing day in Peel, and after the most nearly always due to acidity—acid rio for several years the result is still stomach—and not, as most folks be- uncertain. The Conseravtive ma lieve, from a lack of digestive juices. jority of 627 is a difficult one to over-He states that an excess of hydrochloric acid in the stomach retards largely decreased, with the possibildigestion and starts food fermenta- ity of its being wiped out. tion, then our meals sour like gar- This much is certain: If Mr. Fallis like a toy balloon. We then get vince thinks he should be, it will not water-brash, or nausea.

tive aids and instead, get from any on which they were sitting was un pharmacy four ounces of Jad Salts questionably the Fallis side, as and take a tablespoonful in a glass shown by the above summary. of water before breakfast while it is If Fallis is elected, and if public effervescing, and furthermore, to con- life in Canada, even according to the tinue this for one week. While re- opinions of many Conservative newslief follows the first dose, it is im- papers, is thereby lowered, the reportant to neutralize the acidity, re- sponsibility will lie with the Ontario that money could buy-at a cost of only Mr. Sollas made a searching inquiry move the gas-making mass, start the Government, for it is obvious that if 54 cents. Easily prepared in 5 minutes. Into this subject and placed the age of liver, stimulate the kidneys and thus Mr. Hearst or the Cabinet had oppospromote a free flow of pure digestive ed Fallis or had lifted their finger

Jad Salts is inexpensive and is ibly have been elected. made from the acid or grapes and lemon juice, combined with lithia if the Government is coming out of beals the inflamed membranes which acand sodium phosphate. This harmless salts is used by thousands of people for stomach trouble with excellent results.

THERAPION Used in French Hospitals with TOAT SUCCESS, CURESCHRONIC WEAKNESS, DISCHARGES, LIDNEY, BLADDER, URWARY DISEASES, BLOOD POISON, FILES. EITHER NO. DRUGGISTS OF MAIL \$1. POST 4 CTS THERAPION SAFE AND LASTING CURE.

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Sleepytime Tales

DANDY DOES A DANCE. mother asked him to go down to the said: "Go on, go on," louder than breathe freely. No more hawking, could finish her knitting. "I will began to waltz. spuffling, blowing, headache, dryness. | get it for you in a jiffy," said Frank No struggling for breath at night; cheerfully, "I will harness Dandy when he saw the pony acting that and go right away.

grandmother he would be quick Frank saw a stranger looking a

Of course Dandy didn't know any- and even put him through a lot thing about this, so when Frank other tricks for the man's atouse

but kept right on dancing and pran-Once upon a time Frank's grand- ing on his hind legs. Again Frank

way he thought something You remember Dandy, Frank's wrong and ran to the blacksmith and

"Low Cost of Living" Menu

Menu for Friday

BREAKFAST Brofled Smoked Herring

LUNCHEON Rehented Sonp Scrambled Eggs Jelly

DINNER Baked Finnan Haddie Potato Souffle Egg Plant Pepper and Cabbage Salad Boiled Rice, Whipped Cream

BREAKFAST Broiled Herring-Soak overnight a tablespoon of melted butter.

THE PEEL BYE-ELECTION.

to Suffer.

(Special to the Whig.) Brampton, Feb. 24 .- This is poll strenuous bye-election seen in Ontacome, but undoubtedly it will be very

bage in a can, forming acrid fluids is defeated, as independent public and gases which inflate the stomach opinion throughout the whole prothat heavy, lumpy feeling in the be thanks to the Hearst Government. chest, we eructate sour food, belch It is true that no Cabinet Ministers gas, or have heartburn, flatulence, have actually entered the riding .- The Government evidently has been try-He tells us to lay aside all diges-ing to sit on the fence, but the side

against his election, he could not pos-

the-Peel contest badly

WANTS \$5,000 FOR HAIR. College Boy Wants Damages From dren like it.

Quartette of Students the Supreme Court a case involving so healing to the membranes. action by Walter Eddy, a Colgate Uni- ornggist for "21/2 ounces of Pinex."-do versity student, against Richard H. of absolute satisfaction, or money prompt see and Ferris J. Edwards, fellow-stu- The Pinex Co. Toronto, Ont.

LUNCHEON Scrambled Eggs-Beat the yokes

DINNER

ring all the time.

fish for over an hour in cold water. and moral gain that it brings." Drain, place in a baking pan and pour over a cup of milk and a table-

spoon of butter. Bake slowly until the milk is done and nearly absorbed. white potatoes. Add half a cup of milk and two well beaten eggs. son with salt and pepper. twenty minutes in a hot oven.

Broiled Egg Plant - Pare the in cold water. Boil two minutes, plant and cut in slices a quarter inch drain carefully and broil over a hot thick. Lay on a greased broiler and fire. Just before serving pour over broil until done, turning often to ably the only estimate prior to Kelkeep it from burning.

dents, for \$5,000 damages was called Eddy alleges assault and battery, 17,000,000 years to 400,000,000 years. Win or Lose, the Ontario Government claiming that in May last he was dea goodly head of hair. It will be ing body. In 1893 Clarence King inclaimed by the defendants that Ed- troduced the important criterion of dy's appearance was vastly improved tidal stability and reached the concluby their operation.

> 2 How To Get Rid of a **Bad Cough**

Home-Made Remedy that Will Do It Quickly, Cheap and Ensily Made

ich refuses to vield to ordinary remegranulated sugar syrup. Start taking teaspoonful every hour or two. In 24 hours your cough will be conquered or rived at a constant rate from that of very nearly so. Even whooping cough is the rocks; he arrived at an age of 80,-

The above mixture makes 16 ounces-a Full directions with Pinex.

tion takes right hold of a cough and gives | 150,000,000 years. almost immediate relief. It loosens the Win or lose, therefore, it looks as is really remarkable. It also quickly company a painful cough, and stops the formation of phiegm in the throat and tis, spasmodic croup and winter coughs. Keeps perfectly and tastes good—chil-



DUKE INSPECTS TROOPS ORDERED OVERSEAS. His Royal Highness the Duke of Connaught receiving the salute of the 74th and 75th Battalions at Exhibition Camp, Toronto, as they marched has to keep out of jail. in column formation to the inspection ground. General W. A. Logie and Lieut.-Governor Sir John Hendrie accompanied the Governor-General. cranky that only a crank can know. The two battalions inspected are among the large number soon to be sent overseas from Canada, as recently ordered by the Minister of Militia.

KEEPING YOUNG.

a Matter of Years.

There is no scientific evidence to show that late youth and middle age | the nobles of Europe by the feudal are the periods of commencing decrep- system none was more jealously guarditude and "old age." Man grows old ed or more frequently exercised than because he is injured; because his body | the right of waging private war." your head will clear and you can village and get her some wool so she ever but Dandy paid no attention but cells are poisoned, and not because he writes Dr. MacMillan in the Scottish has lived just so many years. There is | Review. "This lawless custom was no relentless law determining when a the cause of untold misery, barbarity, man shall grow old. The tradition | ruin and destitution. Upon the slightwas "three score years and ten" is condi- est pretext-often indeed with no extioned mainly on the manner of living cuse at all-the feudal baron would and not by any natural law. But man has it in his power to modify these conditions either for better or worse.

Probably a greater luxury of living which is not balanced by proper phys-As they drew near the village Dandy Dandy and his tricks. Dandy seem- | ical exercises is a primary condition to It's just fine. Don't stay stuffed- thought he would try to show off and ed to know they were talking about be reckoned with. But temperance all up with a cold or nasty catarrh-Re- he began to rear up on his hind legs. him and began to waltz around fast- along the line-in eating, drinking, working, playing and even in restingbut this time he had promised his I am sorry to say too, that when has been suggested as a wiser principle to hold to. This avoids the possibility of rusting out on the one hand or of wearing out on the other.

Yet there is another way and a more worthy reason for retaining youth and deferring old age-cultivate health for the love and pleasure of it. monthly letter of the Life Extension institute says of this suggestion: "It is not a fear of illness or of death that we should encourage, but a love of health, a sense of responsibility for the care of our bodles, a desire for bodily endurance and efficiency and full achievement. If the mind is fixed on these ideals and the already known means of approaching them are utilized, heart into a pan and boil very slowly, stir- less miseries that embitter the lives of shoeblacks of the University of Leipthemselves. It is not so much necessary to fight disease as to cultivate Baked Finnan Haddie-Soak the health for the happiness, contentment

AGE OF THE EARTH.

Potato Souffle - Boil and mash Different Systems of Computing It and Their Varying Figures.

As long ago as 1860 John Phillips, Bake the geologist, estimated that the time required for the deposition of the stratified rocks lay between 38,000,000 and 96,000,000 years. This was probvin's epoch making paper of 1862. Since that time many estimates have been made, varying all the way from

Kelvin was the first to discuss the tained long enough by them to remove age of the earth considered as a coolsion that 24,000,000 represented the conditions. This result was adopted by Kelvin in 1897, and then he placed the limits as 20,000,000 and 40,000,000

Only Sir George Darwin has discussed the age of the earth from a purely astronomical point of view. From his theory of the earth moon system be derived an estimate of more than 56,-@ 000,000 years, which for a long time stood between groups of higher and If you have a bad cough or chest cold lower figures. J. Joley was the first to es, get from any druggist 21/2 ounces of base estimates of the age of the earth inex (50 cents worth), pour into a 16- in 1899 on the sodium contained in the ounce bottle and fill the bottle with plain ocean. Adopting the hypothesis that the sodium content of the ocean is de-000,000 or 90,000,000 years and increasfamily supply-of the finest cough syrup ed this by 10,000,000 in 1900. In 1909 This Pinex and Sugar Syrup prepara. the ocean at between 80,000,000 and

The Sense of Taste.

Scientists say that the flavor of food and drink does not come to us through bronchial tubes, thus ending the persis. | the sense of taste. The latter can only tent loose cough. Excellent for bronchi- furnish sensations corresponding to the taken into the mouth. Although al-Pinex is a special and highly concen- most infinite in their variations, these Utica, N.Y., Feb. 24.—To-day in pine extract, rich in guaiacol, which is ing sweetness, bitterness, saltmess and unique features was disclosed when To avoid disappointment, ask your sources, with their numerous degrees of intensity.

The distinctive flavors of food do not Devine, Munroe Goode, Louis J. Gene- by refunded, goes with this preparation come from chemical action and are therefore not perceived by the sense of taste, but by the olfactory nerve by which the sensation is transmitted to the brain.

This explains why one's food does not taste "right" when he is suffering from a cold.

Two of a Kind.

A lady selected some purchases in a store, asking that they be kept for her until the next day. When she returned she could not remember who waited on her. After puzzling over the matter, she approached one and asked: "Am I the woman who bought some

embroidery here yesterday?" "Yes'm," replied the girl, stolidly, and turned to get it.-Christian Regis-

Simply Couldn't. "Now, son," said the lawyer, "you were guilty of various misdemeanors today and must be taken to task." "I apply for a stay of proceedings." pop, and a change of venue to ma." And how could a good lawyer refuse

Envious. Howell-I'm engaged to Miss Rowell, Congratulate me, old man. Powell-I would if I did not know that in her case a nomination is not equivalent to

such a request? -

On His Part. "Tom out of work again? Why. I hought he had a steady job?" "Oh, the job was steady; Tom wasn t."

who looks for a friend without imperfectious will never find what he seeks. A woman has about the same ambition to get into society as a man

There is a pleasure in being One short year of matrimony turns auburn tresses to a deep red.

PRIVATE WARS.

Old Age is Not by Any Means Merely Any Pretext Would Serve to Start a Conflict In Feudal Times.

"Of the many privileges conferred on sally forth from his stronghold in ore der to carry fire and sword into the territories of some neighboring chief.

"'This abuse,' says Cox in his "History of the House of Austria," . 'was carried to so great an extent that not only sovereigns and states engaged in hostilities from interest or revenge. but the lesser barons, and even associations of tradesmen and domestics. sent defiances to each other on the most ridiculous pretenses and in manner scarcely credible at the pres ent day.

"'We find a declaration of war from a private individual. Henry Mayenberg, against the emperor; another from the Lord Pravenstein against Frankfort, because a young lady of the city refused to dance with his uncle; another in 1450 from the baker and domestics of the margrave of Ba den against Eslingen, Reutlingen, and other imperial cities; another in 1462 from the baker of the Count l'alatine Louis against the cities of Augsburg. disease, kidney trouble and the need. Ulm and Rothwell; one in 1471 from the so many may be left to take care of zig against the provost and some other members, and one in 1477 from a cook of Eppenstein, with his scullions, dairymaids and dishwashers against

> "But this lawless and mischlevous spirit did not expire with the abolition of the right of private war."

Otho, count of Solms.'

THE PROTECTING FOREST.

Important Part Trees Play In Preventing Serious Floods.

It has been shown that forests prevent the rapid melting of ice and snow and thus avert or modify floods in the spring. Mountains also play an important part with regard to floods. By intercepting drifting currents of moisture laden air mountains are active agents in precipitating rainfall, and unless they are protected by forests the waters pour down into the valley in destructive torrents. The evergreen trees, particularly the spruces, are especially useful in controlling these torrents. Under all spruce forests there is a large deposit of what woodsmen call "duff." This is composed of partially decayed trees, bark, needles, cones and

This duff varies from one to six feet in thickness and has the power of absorbing and holding water like a sponge. During the heavy spring rains it becomes thoroughly saturated with water, which gradually oozes down the mountain sides into the streams in summer. The trees also protect the snowfall from the rapid action of the sun in spring, thus restraining floods from that source also,

The protection of the forests therefore is the surest and safest way in which to prevent destructive inundations. They are really natural storage reservoirs, not holding back great masses of water in bulk, which may be released by the breaking of some dam and carry terrible destruction before them, but storing it in the capillaries of the spongy soil and yielding it gently and continuously during the season when most needed .- London Standard

Cutting Down Expenses. It is expensive enough to put on chemical composition of substances | play and get the true artistic effects without wasting money on unnecessary detail. As an example of this, a manager tells the following incident: A playwright was reading a comedy to the manager when he came to these

"Have a cigar." "Thanks; I don't mind if I do."

"Wait," said the manager. "If I'm going to produce that play that second line will have to read, 'No. thanks; I don't smoke.' That change will save a good deal of money every season, for an actor must smoke good eigars when it is necessary to smoke at all.".

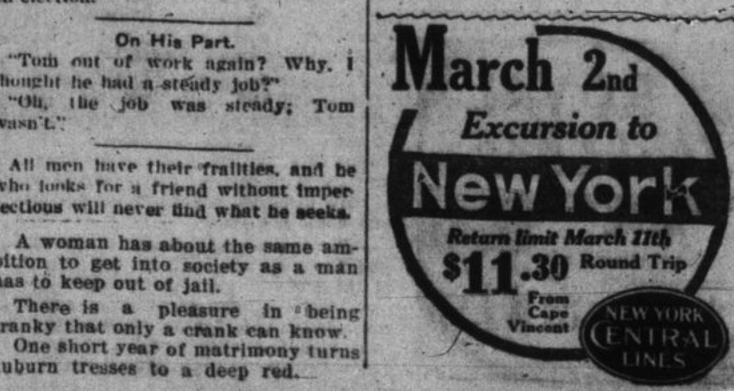
Testing the Piane.

The town council of a thriving Scotch burgh recently acquired a plano for their town ball and appointed three of their number to inspect and report on the purchase. The councilors were not musical experts, but one, a joiner, bending down and applying his eye to the several corners of the instrument. remarked, "I'm no judge o' music, but. I'll warrant ye a' the boards are

Scarlet Fever.

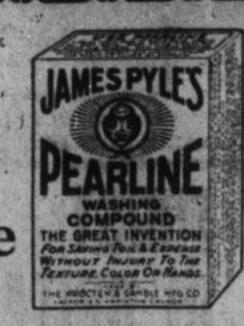
Scarlet fever is practically unknown in the tropics, and doctors say this is because so little fresh milk is drunk there. The streptococcus, which occurs in large quantities in most raw milk, is always present in scarlet fever, and medical experts see in that a cause and

"Waiter, is this jam or punch?" "Can't you tell by the taste?" "Then it don't make any difference what it is."



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from dishes



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Mrs. Elizabeth Towne, editor of cation of a four-page newspaper with the Nautilus Magazine, is one of the a capital of \$30, but from this small few women who has really won her beginning the paper has grown into lown way. Left with two small chil- an illustrated magazine with a circudren to support, she began the publi- lation of over 50,000.